



Central Plains AAA

September 2026



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
 TRIO Community Meals Nourishment through compassionate care.	*Beef Taco Meat Charro Beans Sliced Carrots *Wheat Tortilla Fresh Fruit Milk Taco Sauce	Chicken w/Citrus Mojo Sauce Confetti Brown Rice Brussels Sprouts *Multigrain Bread Fruited Cherry Gelatin Milk Margarine	*Salisbury Beef w/ Mushroom Gravy Mashed Red Potatoes Broccoli *Multigrain Bread Fresh Fruit Chocolate Milk Margarine	~Labor Day Meal~ Hamburger Patty Lettuce/Tomato/Onion Baked Beans *Whole Grain Hamburger Bun *Apple Crisp Milk Mustard/Ketchup
7	8	9	10	11
Closed for Holiday	*Salisbury Beef w/ Mushroom Gravy Oven Roasted Potatoes Sliced Carrots Wheat Bread Fresh Fruit Milk Margarine	<u>Special Birthday Meal</u> *Oven Fried Chicken Whipped Potatoes w/Gravy Green Peas w/Onions *Dinner Roll Sherbet Milk Margarine	*Sloppy Joe Baked Beans Cabbage *Whole Grain Hamburger Bun Fresh Fruit Chocolate Milk	Cheese Omelet Hashbrowns Hot Spiced Apples *Multigrain Bread Lemon Gelatin Milk Margarine
14	15	16	17	18
*Turkey Meatballs w/ Marinara *Penne Noodles Italian Vegetable Blend *Texas Bread *Fudge Cream Cookie Milk Margarine	Creole Steak Sweet Potato Puffs Broccoli *Multigrain Bread Fresh Fruit Milk Margarine	Honey Mustard Chicken Brown Rice Dilled Carrots *Wheat Bread Lime Gelatin Milk Margarine	*Cheeseburger Macaroni Cauliflower Glazed Beets *Multigrain Bread *Nutty Buddy Chocolate Milk Margarine	*Turkey Taco Meat Shredded Lettuce Shredded Cheese Black Beans & Corn *Wheat Tortilla Peach Crisp Milk Taco Sauce
21	22	23	24	25
Lemon Pepper Chicken Dirty Brown Rice Green Beans *Wheat Bread Fresh Fruit Milk Margarine	*Spaghetti Torte Herbed Green Peas Parslief Carrots *Multigrain Bread Strawberry Craisins Milk Margarine	*Meatballs w/Rosemary Sauce Garlic Whipped Potatoes Broccoli *Wheat Bread *Cinnamon Sugar Cookie Milk Margarine	*Creamy Paprika Chicken *Macaroni & Cheese Northern Beans Brussels Sprouts *Multigrain Bread Fresh Fruit Chocolate Milk Margarine	*Tuna Salad Lettuce & Tomato Dill Potato Salad *Wheat Bread (2) Mixed Fruit Milk Mustard
28	29	30		
*Teriyaki Turkey Meatballs Brown Rice Chinese Cabbage *Multigrain Bread Raisins Milk Margarine	*Italian Shells and Cheese Green Peas Parslief Carrots *Texas Bread Fresh Fruit Milk Margarine	*Hamburger Patty w/ Balsamic Brown Sugar Sauce Mixed Vegetables *Wheat Bread *Fudge Cream Cookie Milk Margarine	Allergen Disclaimer: Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free. *Contains Wheat / Gluten	